

# HEALTH



**DURING FOOTBALL THERE ARE TIMES WHEN CHILDREN AND YOUNG PEOPLE MAY SUSTAIN AN INJURY WHICH REQUIRES TREATMENT. THIS PRACTICE NOTE LOOKS AT WELLBEING AND PROTECTION BEST PRACTICE IN FIRST AID AND THE TREATMENT OF INJURIES IN THESE CIRCUMSTANCES AND COVERS SITUATIONS WHERE A CHILD OR YOUNG PERSON HAS A PRE-EXISTING MEDICAL CONDITION.**



## CONSENT FORMS

Parents or carers and the young person, if they are aged 13 and over, must complete the [Consent Form](#) before participating in any football activity. This ensures that members of staff and Associated Persons running an event or activity are aware of any pre-existing medical conditions, any medication taken by the participants or existing injuries and treatment required.

For children and young people who play football this form should be completed at the start of every season and will be retained by the Scottish FA for the season. Young people and their parents or carers **must** update the form should anything change during the season.

For children and young people who are involved in a specific event or activity, a consent form should be completed in advance of the event or activity.

## FIRST AID AND THE TREATMENT OF INJURIES

### ALL MEMBERS OF STAFF AND/OR ASSOCIATED PERSONS MUST ENSURE:

- There is an accessible and well-resourced first aid kit at the venue, which is regularly checked to ensure that it contains appropriate stock
- Only those with a current, recognised First Aid qualification treat injuries. In more serious cases assistance should be obtained from a medically qualified professional, as soon as possible
- They are aware of any pre-existing medical conditions, relevant medication taken by participants or existing injuries and treatment required
- Where possible, access to medical advice and/or assistance is available
- A child or young person's parents/carers are informed of any injury and any action taken as soon as possible
- Treatment should be administered in an open environment, when possible, avoiding private or unobserved situations. Where a private room is needed for the treatment to preserve the child or young person's dignity their parent or carer or another appropriate adult must be present
- If a child or young person needs to be transferred to the hospital and their parents or carers are not in attendance a member of staff or Associated Person must travel with them to supervise them and contact the parents/carers immediately
- If a child or young person sustains a significant injury the incident must be recorded as a concern and reported to the Wellbeing and Protection Department along with the details of any treatment given. Common sense should be applied when determining which injuries are significant
- Physio treatment should only be administered by a qualified and registered physiotherapist. If continued treatment is required, the child or young person's parent/carer or another appropriate adult must be present
- The circumstances in which any accidents occur are reviewed to avoid future repetitions as far as possible



## CHILDREN WITH ALLERGIES AND PRE-EXISTING MEDICAL CONDITIONS

Football is an inclusive game and the Scottish FA seeks to provide opportunities to children and young people of all abilities regardless of any medical conditions, disabilities or allergies they may have. It is important that children and young people with medical conditions or allergies are not unnecessarily excluded from taking part in activities with their peers and that reasonable steps are taken to accommodate their individual needs.

This Practice Note highlights how the Scottish FA expects its members of staff and Associated Persons to respond to children or young people with allergies or pre-existing medical conditions in order to safeguard and protect the child or young person's wellbeing whilst attending their football activity. It also sets out the responsibilities of the child or young person's parents/carer in alerting members of the staff and Associated Persons of any pre-existing medical conditions or allergies. Parents and carers should be informed that they are required to provide this information, where appropriate.

## PARENT/CARER RESPONSIBILITY

### WHEN A CHILD OR YOUNG PERSON WITH AN ALLERGY OR PRE-EXISTING MEDICAL CONDITION JOINS A FOOTBALL ACTIVITY, PARENTS AND CARERS SHOULD:



- Ensure they complete the [Consent Form](#) accurately **and** also take the time to talk to the member of staff or Associated Person about the specific needs of their child and how to address and accommodate these needs
- Update the member of staff or volunteer of any change in circumstances
- Consider a medic alert bracelet/watch for their child
- Check the expiry date of adrenaline injectors and any medication regularly. An out-of-date injector may offer some protection, but this will be limited
- If their child has a 'rescue pack' this is given to the member of staff or Associated Person along with instructions on how it should be used

## SCOTTISH FA'S RESPONSIBILITY

### MEMBERS OF STAFF AND ASSOCIATED PERSONS SHOULD:



- Ensure [Consent Forms](#) for all children and young people attending the football activity are available and up to date together with full details of the child's allergies
- Ensure that the [Consent Forms](#) are stored in a confidential but accessible way so that appropriate members of staff and Associated Persons who need the information to fulfil their role can access the information
- Have a copy of the child or young person's care plan for allergies and individual risk assessment
- Communicate with the child or young person and their parent/carer directly, when necessary
- Appropriately share the information with others involved in the football activity – ask yourself 'do the right people know so they can respond if necessary?'
- Ensure correct storage of medication by following the appropriate instructions
- Be familiar with the nearest medical facilities in the event it is required
- Medication should only be administered by the child or young person or their parent or carer unless it is an emergency. In such circumstances the medication should be administered in line with the parent/carer's instructions or from a medical professional. For trips away from home consideration should be given to the child's parent or carer accompanying the trip in circumstances where the child or young person cannot administer the medication themselves
- Have their mobile phones charged and check they have a signal to allow calls to be made
- Plan for additional supervision e.g. depending on child or young person's medical condition/s and environment
- Record incident or concern and report them to a member of the Wellbeing and Protection Department





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